IN THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (original) An exercise device comprising:

an upper platform having a handle extending therefrom, said handle having a short upright portion, a tall upright portion, and a gripping area connecting said short upright portion and said tall upright portion, said gripping area generally is tapered from said short upright portion to said tall upright portion such that a diameter of said gripping area adjacent to said short upright portion is greater than a diameter of said gripping area adjacent to said tall upright portion, said gripping area is joined to said short upright portion with an elbow, said gripping area is joined to said tall upright portion with an elbow,

a lower housing engaging said upper platform,

a lower housing cap abutting said lower housing, said lower housing cap having an opening passing therethrough, and

a bearing element adjacent to said upper platform and said lower housing cap.

2. (original) The exercise device according to claim 1, wherein

said gripping area includes a bottom angled at fourteen degrees with the horizontal plane,

said tall upright portion is tapered out from said gripping area to said upper platform, and

said gripping area includes an arch along a top surface that extends out of a conical envelope around the tapering of said gripping area.

3. (original) The exercise device according to claim 1, wherein

said lower housing cap having an opening passing therethrough, and

said bearing element having an opening passing therethrough.

4. (previously amended) The exercise device according to claim 3, wherein

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section having a circular cross-section with at least one keyway channel radially extending from said circular cross-section;

said upper platform having

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit including an outer wall forming a recess, said nesting unit passes through the opening of said bearing element; and

said exercise device further including regulating components,

said regulating components include

friction material in communication with the recess of said nesting unit,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.

5. (withdrawn) The exercise device according to claim 3, wherein

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a rotating section;

said upper platform having

a bottom surface,

a column extending downward from said bottom surface, said column including at least one guide key, said column passes through the opening of said bearing element and the opening of said lower housing cap; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having a tapered portion, said tapered portion having a top surface and at least one keyway channel extending into said top surface, said tapered portion is tapered from said adjustment device to said top surface, said tapered portion extends through the opening in said lower housing cap and the opening in said bearing element.

6. (previously amended) An exercise device comprising:

a upper platform,

a lower housing connected to said upper platform, said lower housing includes a floor with a hole passing therethrough,

a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing, and

regulating components that control rotation between said lower housing and said upper platform, said regulating components include an adjustment mechanism; and wherein said adjustment mechanism is accessible through the hole in said floor of said lower housing.

7. (original) The exercise device according to claim 6, wherein said regulating components include a friction material that is variably set to provide a range of resistance levels.

8. (original) The exercise device according to claim 6, further comprising a footing attached to said lower housing opposite said lower housing cap.

9. (original) The exercise device according to claim 6, wherein said lower housing cap having an opening passing therethrough, and said bearing element having an opening passing therethrough.

10. (previously amended) An exercise device comprising:

a upper platform,

a lower housing connected to said upper platform,

a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing, and

regulating components that control rotation between said lower housing and said upper platform; and

wherein said lower housing cap having an opening passing therethrough,

said bearing element having an opening passing therethrough,

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section having a circular cross-section with at least one keyway channel radially extending from said circular cross-section;

said upper platform having

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit including an outer wall forming a recess, said nesting unit passes through the opening of said bearing element; and

said regulating components include

friction material in communication with the recess of said nesting unit,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having

a lower portion with at least one guide key, said at least one guide key engages said at least one keyway channel of said lower housing, and

a upper portion, said upper portion is tapered radially inward from said lower portion to a top of said upper portion, said upper portion nests within said

recess of said nesting unit to apply compression forces to said friction material, said upper portion extends through the opening in said lower housing cap and the opening in said bearing element.

11. (withdrawn) The exercise device according to claim 9, wherein

said lower housing having

a bottom surface having an opening passing therethrough,

a wall extending up from said bottom surface, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a rotating section;

said upper platform having

a bottom surface,

a column extending downward from said bottom surface, said column including at least one guide key, said column passes through the opening of said bearing element and the opening of said lower housing cap; and

said regulating components include

friction material encircling said compression component,

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing, and

a compression component aligned with said adjustment device, said compression component having a tapered portion, said tapered portion having a top surface and at least one keyway channel extending into said top surface, said tapered portion is tapered from said adjustment device to said top surface, said tapered portion extends through the opening in said lower housing cap and the opening in said bearing element.

12. (withdrawn) An exercise system comprising:

two exercise devices as recited in claim 6,

support bar having two ends,

a first attachment ring near one end of said support bar,

a second attachment ring near the other end of said support bar,

a first Velcro loop on a side opposite said first attachment ring, said first Velcro loop capable of attaching to a weight machine, and

a second Velcro loop on a side opposite said second attachment ring, said second Velcro loop capable of attaching to a weight machine; wherein

each of said attachment loops wrap around a respective lower housing of one of said exercise devices.

13. (previously amended) An exercise device comprising:

a lower housing including a lower housing cap, a cylindrical base, and a rim around a periphery of said cylindrical base, said lower housing cap rests on said cylindrical base, said lower housing cap having an opening passing therethrough,

an upper housing shrouding said cylindrical base, said upper housing includes a platform, a cylindrical extension extending down from said platform, a handle extending upward from said platform, and a rim around an inside cavity of said cylindrical extension, said rim engages said rim of said lower housing,

means for allowing rotation of said platform of said upper housing relative to said lower housing such that said lower housing remains stationary while said platform freely rotates on said lower housing, said means providing an opening passing therethrough aligned with the opening of said lower housing cap, and

means for resisting rotation in communication with said lower housing and said upper housing, said resisting rotation means are internal to said lower housing and said upper housing, said resisting rotation means passing through the opening in said lower housing cap and the opening in said rotating means.

14. (previously presented) The exercise device according to claim 10, wherein said upper platform further includes

an upper surface opposed to said bottom surface, and

a fist pad attached to said upper surface and extending above said upper surface.

15. (currently amended) An exercise device comprising:

a upper platform, said upper platform includes

a bottom surface,

an upper surface opposed to said bottom surface, and

a fist pad attached to said upper surface and extending above said upper surface,

a lower housing connected to said upper platform,

a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing, and

regulating components that control rotation between said lower housing and said upper platform, said regulating components are within a space formed by said upper platform and said lower housing.

16. (currently amended) An exercise device comprising:

a upper platform,

a lower housing connected to said upper platform,

a lower housing cap resting on and aligned with said lower housing,

a bearing element resting on said lower housing cap and abutting said upper platform, said bearing element allows said upper platform to rotate relative to said lower housing,

regulating components that control rotation between said lower housing and said upper platform, and

a stopper; and

wherein said upper platform includes a wall extending downwardly from a peripheral edge, said wall having an opening passing therethrough,

said lower housing includes an opening passing therethrough, when the opening of said lower housing is aligned with the opening of said upper housing, said stopper ~~engages~~ is capable of engaging the opening of said lower housing and said upper housing.

17. (withdrawn) The exercise device according to claim 9, wherein

said lower housing includes

a bottom surface having an opening passing therethrough, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a first section,

a shelf extending radially inward from said first section, and

a second section above said shelf and having a circular cross-section with at least one keyway channel radially extending from said circular cross-section;

said upper platform includes

a bottom surface,

a nesting unit extending downward from said bottom surface, said nesting unit includes an outer wall forming a recess, said nesting unit passes through the opening of said bearing element and the opening of said lower housing cap, said nesting unit includes at least one keyway channel; and

said regulating components include

a screw mechanism,

a nut engaging said screw mechanism, abutting said shelf, and residing in said first section,

a first compression component in communication with said screw mechanism, said first compression component nests within said second section,

a friction material in communication with said screw mechanism, said friction material rests on said first compression component,

a second compression component in communication with said screw mechanism and said friction material, said second compression component nests within said nesting unit, and

a securing mechanism engaging said screw mechanism.

18. (withdrawn) The exercise device according to claim 9, wherein

said lower housing includes

a bottom surface having an opening passing therethrough,

two members extending up from said bottom surface and disposed on opposing sides of the opening, and

a fastening member extending up from said bottom surface and spaced from said two members;

said upper platform includes

a bottom surface,

a shaft depending from said bottom surface, said shaft is centrally located on said bottom surface; and

said regulating components include

an adjustment device in communication with said two members, and

a friction material in communication around said shaft, and said friction material connects to said adjustment device and said fastening member.

19. (withdrawn) The exercise device according to claim 9, further comprising a block, wherein

said lower housing includes

a bottom surface having an opening passing therethrough, and

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a first section,

a shelf extending radially inward from said first section such that an opening exists through the shelf, and

a second section above said shelf and having a circular cross-section, said second section having a slit passing through a top edge and a recess spaced along the top edge from the slit, said block resides in the recess;

said upper platform includes

a bottom surface,

a nesting unit extending down from said bottom surface, said nesting unit passes through the opening of said bearing element and the opening of said lower housing cap, said nesting unit shrouds said central passageway; and

said regulating components include

a friction material in communication with the slit of said second section and said block,

a dial nested within said second section, said dial includes a knob passing through the opening of said shelf such that said knob is within said first section, said dial having a recess along a top edge such that an end of said friction material resides in the recess.

20. (withdrawn) The exercise device according to claim 6, wherein

said upper platform includes

an peripheral edge, and

a wall extending down from said peripheral edge to shroud said lower housing, said lower housing cap, said bearing element, and said regulating components;

said lower housing includes

a bottom surface having an opening passing therethrough,

a central passageway, said central passageway extends up from the opening in said bottom surface, said central passageway includes

a threaded section, and

a locking section in communication with said threaded section, and

a channel intersected by said central passageway;

said regulating components include

an adjustment device having a screw mechanism, said screw mechanism engages said threaded section of said lower housing,

a compression component aligned with said adjustment device, said compression component including a portion tapered radially inward from a lower point to a top of said portion,

at least two bars residing within said channel on opposing sides of said compression component, said bars in communication with said compression component, and

a first friction material in communication with one of said bars and said wall of said upper platform, and

a second friction material in communication with another of said bars and said wall of said upper platform.

21. (previously presented) A method for using a pair of the exercise devices recited in claim 1, said method comprising:

positioning the pair of devices about shoulder width apart on a support surface,

placing the pinkie of the user's right hand on the gripping area near the tall upright portion of one of the devices,

placing the pinkie of the user's left hand on the gripping area near the tall upright portion of the other of the devices, and

performing a push-up where at least one of the upper platforms rotates with respect to the respective lower housing.

22. (previously presented) The exercise device according to claim 16, wherein at least a portion of said regulating components are within said lower housing.